

ABSTRACT OF THE DISCLOSURE

The image heating apparatus for heating an image formed on a recording material includes a heater, a supporting member for supporting the heater, a flexible rotatable member rotated while contacting with the heater, and a backup member contacting with the rotatable member. The recording material passes between the rotatable member and the backup member, and upstream of the heater of the supporting member with respect to the direction of movement of the recording material, there are provided a protruding portion protruding more toward the backup member side than the surface of contact between the heater and the rotatable member, and a groove portion provided between the protruding portion and the heater and depressed more than the surface of contact of the heater with the rotatable member, and a lubricant is contained in the groove portion. Thereby, the driving torque of the rotatable member can be suppressed.